

Round Shoulders

- winging of the scapula.

Reason - Middle trapezius & rhomboids slacken.

Rhomboids | weak.
Middle trapezius |

Cause 1) - bad standing & sitting positions.

2) - tight clothing.

3) - if condition very bad - leads to kyphosis.

4) - secondary to taking chin
bad tonsils & adenoids.

5) - long, thin, children - outgrowing strength

Changes - shortening Rhomboids & Trap.

- Pectorales get tight.

- leads to loss of mobility in
shoulder girdle.

Exercises

- Mobility

Stretching - for neck.

Corrective - M. R. & D. to shorten them.

Posture conscious.

Mobility

Long st. - windmills. finish on
up back swing.

Ed. st. shoulder rolling, finish
going back.

Long A. with back circling.

Stretching

1. Heave long, sitt. - chest expansion.
- passive exercise.
2. Neck rest. prone lying, chest expansion.
- gymnast knuck, one knee on scapulae of patient, pulling elbows up & down, breathing in & out.
3. Stretched back hanging against stall bar.

Short muscles - work full inner range.

Exercises to strengthen & shorten stretched muscles - work 1 group of muscles.

1. V.d. stride sitt. Plane A. carrying (passive)

St. Patient resists while gymnast draws arms forward to reach.

<u>Joints</u>	<u>Muscle group</u>	<u>Muscle names</u>	<u>Method &</u>
Sterno-clav.	Internal rotators of neck.	Rhomboids	Plane of Neck
Acromio-clav.			Middle trape.
Gleno-humeral	Intensors of	Post. fibres, Delt.	eccentrically
	Gleno-humeral j.	Mus minor	inner & middle range.
		Infraspinatus	
		Lat. dorsi	eccentrically
		Long head Triceps	

Static Muscle Work

1. Extensors & flexors of hip.
2. Recti Spinae - keep back straight.
3. Extensors of hands & arms, ^{elbow} supinators of
& internal rotators of gleno-humeral.
abductors of sh. extensors of neck.

Abdominals.
Depressors of sh. girdle.

Scoliosis.

Increase in } normal compensatory forward
in the } lumbar region.

Causes.

1. Slack posture.
2. Slack abdominal muscles - after operation
- post-natal.
- general debility.
3. Too much int. in abdominal cavity.
- obesity.

4. Abdominal tumors.

5. Secondary to hypophoria.

6. Continuously wearing high heels.

Changes occurring in structures.

1. To keep body straight.
- Alteration in line of int.
2. - Muscle pull.
- balance of tone in
hip flexors, abdominals &
erector spinae.

Pelvis.

Increased pelvic inclination (forward)
(Decreased pelvic inclination (back))
↓ normal 60°

Changes

1. Alteration in line of int.

1. - Abdominals slack.

2. - Erector spinae shortened & tightened.

3. - Hip flexors ~~ought to come tight~~ tight.

4. - Spinal ligaments (back) tight.

5. - Line of front of spine stretch.
6. - Inter-vertebral discs squashed posteriorly.
- bones become wedge-shaped after
continuation of this
7. Pelvic L. increases.
8. length of hamstrings alters -
- may lengthen or tighten.

Signs.

1. See lumbar curve.
 2. See bad abdominal outline.
 3. Angle of pelvis altered.
 4. Pain in lumbar region.
 5. Limitation of movement in lumbar.
- perhaps to bones & ligam.
 6. Patient can't touch toes.
- tight hip flexors.
- Put patient flat on back, one knee held tight on chest, other leg can't straighten out.

- 1st degree - postural - mobile.
- 2nd degree - partly mobile - some loss of mobility
- 3rd degree - practically immobile.
structural

- Prognosis - Put patient in hang'g & curve disappears - it is postural.
- If it improves in hang'g but not to normal - secondary.
 - If it doesn't improve at all - 3rd degree - structural.

1st degree - cure.

2nd degree - improves a lot.

3rd degree -

not much hope.
improve condition. 413

Exercises for Indolence

Mobility

1. Mq. high R. sitt. trunk rolling.
2. " " " " " rotating.
3. Fold st. turning leaning & leaning.
4. Long sitt. trunk Ad. to touch toes.
5. Alt. hip up drawing.

Stretching

1. Crk. support hanging.
2. Crk. sitt. against upright
3. Resting in prone over pillow.

Correction

1. Sh. by. head lifting.
2. Crk. by. abdominal contraction.
3. Crk. by. head & kn. raising.
4. Crk. by. knees drawing up & pressing down.
5. Mq. support H.R.S. trunk bending with resistance & straightening against resistance.

Crk. bk. by. 2 kn. drawing up & pressing
1st half. | patient resists.

~~straighten against~~ ~~deside~~

Mq S. W R Sutt T bend'g with resistance

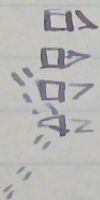
Joint	Muscle Group	Name	Method
1. hip-joint	flexors of hip	ilio-tensor	concentric
2. knee	passive		inner
3. lumbar	abdominal (flexors)	rectus-abdom	inner
4. sacro-iliac		obliques	

Kyphosis

Increase in normal curve backwards in dorsal region.

ant. } POST. 1st type - Angularis
2nd type - Arcuata.
LOW KYPHOSIS

Angularis) - Vertebrae break down & are crushed together



- Patient mustn't forcibly move or stretch spine - nothing strenuous.
- T.B. of spine (subject)

Arcuata - Slack posture - stooping, tall type.
- caused by short-sightedness.

- 1) - small school desk.
- 2) - tonsils & adenoids.
(difficulty in breathing)
- 3) - occupations - stooping
- lifting heavy weights
- 4) - too tight clothing.

Signs & symptoms

- 1) - aches & pains in back.
- 2) - increase in normal curve backward.

3) - round shoulders - secondary feature.
poking head & chin.

4) - in conjunction & result of lordosis.

Muscles in back - ^{1st degree} stretched, ^{in dorsal} pectoral spine ^{in dorsal} spine
" " front - lig. shorten
pectoralis tight.

2nd. - shoulders
degree. middle trapeus stretched.
3rd. - wedge-shaped intervertebral
degree. discs - compressed.

1st degree - mobile - postural.
2nd " - partly mobile
3rd " - very stiff - changes in bones.

1st degree - If curve will correct in hanging.
2nd degree " " " improve " "
3rd degree No improvement in curve.

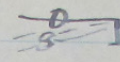
Exercises. To get patient's position & get
her to keep it - good posture.

- 1) Mobilize the spine.
 - stretch tight muscles.
 - strengthen & tighten stretched muscles.

Mobility.

Wg. H.R.S. alt. T. side bending.
Wg. H.R.S. alt. T. rotation.
Hanging.

Stretching:

- 1) Indrani's stretch en.
- 2) ~~10~~ Day. cushion in back.
- 3) Stz. grasshopper st. 
- 4) Chest expansion exercises.
- 5) Klapp's crawling en.

Corrective:

Hanging, h.k. extension.

Stretch, kn. chest stt. 20 30

Neck rest. x leg silt. back arching.
+ ch. lift'g. (long silt.)

All positions of head + neck rest.

Scoliosis

lateral curve with rotation.

named conservatively.

Left - (Also region of spine concerned.
long "C" - total curve.
{ left dorsal.

{ 1. Dorsal. 2. lumbar curve.
S curve
Double curve.

Causes

A. Acquired

" loss of postural tone.
General debility.
Bad habits.

2) Paralysis.

Opp. pull of strong muscle.
Anterior Polio Myelitis
Spastic paralysis
- too much muscle tone.

3) Disease of bone.

Rickets.

4) Respiratory diseases.

Empyema.

T.B. Pthisis.

5) Occupational.

Vidéo playing -

6) Injury to spine or sacro-iliac joint.

- rupture of nuchal pulkosis.
- shortening of one leg.
= bent knee.

7) Unequal hearing & eyesight.

8) Torticollis.

B. Congenital - born with it.

1) Nucleus pulposus not in centre.

2) Child's spinal discs wedge-shaped.

Changes.

1) Soft structure

1) Muscles on concavity of curve stretched & weakened

2) - on convexity, shortened
+ strong.

3) - Intervertebral discs become compressed
- wedge-shaped - thin edge
to concavity.

4) Bodies rotate towards concavity,
Muscles, ligaments, intervertebral discs,
rotation to concavity, alt. of chest diameter,
changes of ribs.

Lumbar - changes in transverse process.
- bones fused together.

Lumbar curve.

Signs & symptoms of lumbar curve.

1) - aching of back.

Signs - alteration in waist angle.

2) - increased on side of concavity.

3) - prominence of iliac crest of concavity.

4) - lateral tilting of pelvis.

- post. spines not level.

5) - rotation of pelvis.

6) - post. sup. spines not equidistant from
spine.

- if st. spine is nearer mid-line, pelvis
running rot. 419



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